

SPRING into WELLNESS

at the Senior Center's April Senior Wellness morning

Friday, April 13



Living Healthy in Your Golden Years

9—10 a.m. Health Screenings: Blood Pressure, Blood Sugar (Fast required), Hearing
Health Info Booths: FDL County Senior Services, Wink Chiropractic, Learning in Retirement, Country Doctor, Second Set of Hands, ACACIA Home Care, Sterling House, Lutheran Homes & Health Services, Senior Center Biking Group, MPTC Computer Classes, Taylor Park Preservation, Forest Mall Senior Day
Demonstration: Chair Exercises

10—11 a.m. Speaker: Dr. Scott Suprenand, Chiropractor

For most older people, good health and an active lifestyle is an achievable goal with proper nutrition, medical check-ups, treatment of common risk factors, exercise and attention to personal safety.

Originally from Fond du Lac and a 2002 Fondy High graduate, Dr. Suprenand received a bachelor's degree in Psychology from the UW-Milwaukee in 2006. He graduated with honors from Palmer College of Chiropractic in Davenport, Iowa in February 2011 and began practicing at Wink Chiropractic Wellness Center. Dr. Suprenand has clinic hours Monday through Saturday and sees patients of all ages.



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

For planning purposes, call 322-3630 to pre-register.

The Senior Wellness Morning is held on the 2nd Friday of EVEN months from 9—11 a.m.
April's Senior Wellness Morning is sponsored by WINK CHIROPRACTIC.